

Basic Report 16358, Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained solids

Report Date:December 20, 2014 09:53 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	1 can drained 253g
Proximates			
Water	g	66.72	168.80
Energy	kcal	139	352
Protein	g	7.05	17.84
Total lipid (fat)	g	2.77	7.01
Carbohydrate, by difference	g	22.53	57.00
Fiber, total dietary	g	6.4	16.2
Sugars, total	g	4.01	10.15
Minerals			
Calcium, Ca	mg	45	114
Iron, Fe	mg	1.07	2.71
Magnesium, Mg	mg	26	66
Phosphorus, P	mg	85	215
Potassium, K	mg	126	319
Sodium, Na	mg	246	622
Zinc, Zn	mg	0.63	1.59
Vitamins			
Vitamin C, total ascorbic acid	mg	0.1	0.3
Thiamin	mg	0.027	0.068
Riboflavin	mg	0.015	0.038
Niacin	mg	0.140	0.354
Vitamin B-6	mg	0.116	0.293
Folate, DFE ^a	μg	48	121
Vitamin B-12	μg	0.00	0.00
Vitamin A, RAE	μg	1	3
Vitamin A, IU	IU	23	58
Vitamin E (alpha-tocopherol)	mg	0.29	0.73

Nutrient	Unit	1 Value Per 100 g	1 can drained 253g
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	3.4	8.6
Lipids			
Fatty acids, total saturated	g	0.214	0.541
Fatty acids, total monounsaturated	g	0.488	1.235
Fatty acids, total polyunsaturated	g	0.967	2.447
Cholesterol	mg	0	0
Other			
Caffeine	mg	0	0

Footnotes

^a Value based on the analysis of 5-methyltetrahydrofolate, 10-Formyl folic acid, and 5-Formyltetrahydrofolic acid.

^b Value based on the analysis of 5-methyltetrahydrofolate, 10-Formyl folic acid, and 5-Formyltetrahydrofolic acid.

^c Value based on the analysis of 5-methyltetrahydrofolate, 10-Formyl folic acid, and 5-Formyltetrahydrofolic acid.